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flykt

# CHERYL LAU

EXCLUSIVE  
INTERVIEW &  
ALL-NEW  
PHOTOS  
BY  
REY  
EDRALIN

MONIKA  
BALAN

AND  
MORE!



# Editorial



Welcome to another year ... another fresh start, another grand opportunity to reach our goals, another chapter in this wonderful thing called LIFE!

2021 was quite a year, but it offered a glimpse of promise as things slowly ventured back to normal. While today's "normal" is quite different from yesterday's "normal", 2021 did allow for the ease of restrictions related to COVID. While the restrictions varied based on what country you resided, we saw an increase of gatherings, promo events, photo shoots, and other face-to-face networking.

We were fortunate, and grateful, to be able to release 12 issues of Flyrt Magazine in 2021! Our wonderful

team never missed a month ... in fact, we were able to publish twice monthly in some cases, thanks to the plethora of submissions we received!

Another accomplishment was our ability to expand our global reach, which now includes networking with models and photographers in USA, UK, Canada, Italy, and Singapore.

Last, but not least, was the approach to our subscription-based model. Now, once you subscribe for one low price, you will gain access to our entire library of publications ... over 20 issues featuring the world's hottest glamour and nude models!

# flyrt

**noun**

a model who has one of the world's sexiest bodies.

ISSUE 27

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Again, thank you for everything ...  
I greatly appreciate YOU!

Alexander Deal  
Editor-In-Chief  
@thethrilldill



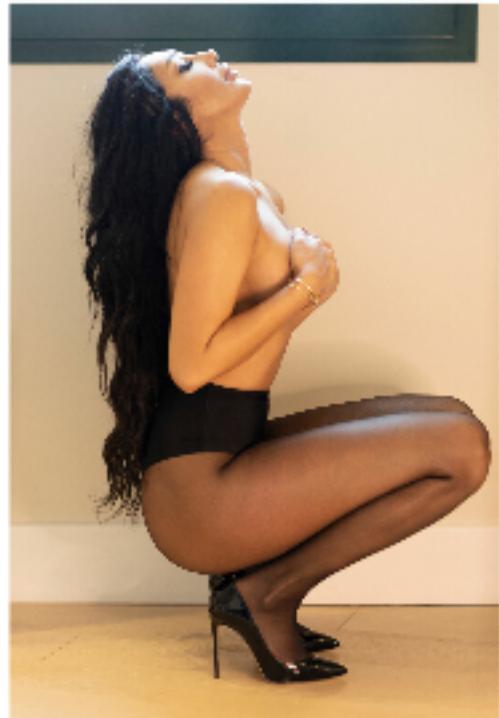
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Here are some tips on how to stay active in these strange and unprecedented times.



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# SENSUAL GLAMOUR

"My style as a model is glamorous ... "

Featured Model MONIKA BALAN  
Photography by LORIS GONFIOTTI



**Model: Monika Balan**

Location: Romania (Oradea)

Measurements: 90 - 70 - 90 (cm)

Weight: 60 kg / Height: 1,73 m

Instagram: @BalanMonika

HMUA: Monika Balan

Photographer: Loris Gonfietti

## "My inspiration? Cindy Crawford ..."

I am Romanian and I come from a super green town called Oradea. I have three special brothers, we are a happy and united family. My achievements in life were to finish a Nursing School, and to practice as a model which I am most passionate about. I've had some events participating in a Miss International Italy pageant in Bari.

**How long have you been modeling?**

Experience in modeling 10 years.

**Who or what inspired you to start modeling?**

I have been passionate about fashion since I was a child and my inspiration was Cindy Crawford.

**How would you describe your modeling style?**

My style as a model is glamorous, my body inspires that.

**What is your most memorable moment as a model?**

My most memorable moment as a model was when I did a shooting on the beach in Italy at Marina di Pisa in 2018, it was very special.

**What are your modeling goals, short-term and long-term?**

Long-term, I consider that I can practice as a model at any age as long as you have the necessary qualities.

**What is your sexiest feature?**

My sexiest feature is the sensuality transmitted through my body and my gaze.







## How to Take a Stress-Free Holiday Road Trip

Holiday travel can be stressful, but it should be fun, too. Advance planning and proper car care can take much of the stress out of a holiday road trip and leaving you free to enjoy the ride.

Checklists for each aspect of the trip will help ensure that nothing important is left behind, and that you are safe and prepared in case of an emergency. When it's time for a holiday road trip, keep these tips in mind for smooth travels:

**Check your ride:** A complete car check before a road trip should include making sure the fluid levels are sufficient. Make sure wiper blades and the wiper mechanism itself is working properly. Check your lights, including brights, to be sure they are functional. And, last but not least, don't forget your tires. Tires are the connection between your car and the road, so be sure to examine the tread for signs of excess wear.

"Traction and tread are inextricably linked. The grooves in your tires are critical in helping to channel water away to allow the tire to grip the road," says Sarah Robinson, Michelin safety expert. "Making sure you're driving on tires with proper tread can be the difference between avoiding an accident and becoming part of it."

**Be prepared:** Equip your car with an emergency kit, including water, flashlight, blanket, jumper cables, extra windshield wiper fluid, cell phone charger, and emergency phone numbers for roadside assistance, as well as a contact person at your destination.

**Map your route:** Check your route in advance and, if possible, plan your trip for times with less traffic. If you are planning to use a map feature on your phone, use the voice component; if you don't have that, consult a paper map and get a sense of the route before you get behind the wheel.

**Safety first:** That means the driver focuses on driving. If you are the driver and need to check your phone, send a message, have a snack, or tend to a child or pet in the back seat, wait for a rest stop, or if necessary, pull over to the side of the road.

**Watch the weather:** Especially during winter holidays, knowing the weather in advance can help you plan to avoid a storm. If conditions are truly dangerous, the smart move is to postpone your trip until the weather improves.

For more information, visit [www.MichelinMan.com](http://www.MichelinMan.com) / (NewsUSA)

TRAVEL 2022



Cover Model: Cheryl Lau / Location: Toronto, Canada  
Height: 5'7" / Bust: 34DD / Booking Info: rey@reymando.com  
HMUA: Cheryl Lau / Photographer: Rey Edralin

sexy.  
eleg-  
gant.

"My goals?  
To inspire other models ..."

CHERYL LAU



Model: Cheryl Lau  
HMUA: Cheryl Lau  
Photographer: Ray Edralin

## "My sexiest feature? My eyes ..."

**Bio:** Former Miss Asia Pageant Model.

**How long have you been modeling?**  
Over 10 years.

**Who or what inspired you to start modeling?**  
Marilyn Monroe & Angelina Jolie.

**How would you describe your modeling style?**  
Sexy, Elegant.

**What is your most memorable moment as a model?**  
Music Video & Import Fest.

**What are your modeling goals, short-term and long-term?**  
I have no short-terms, my long-term is to inspire other models.

**What is your sexiest feature?**  
My eyes.







## 6 Tips: How to stay active at home

**(NewsUSA)** In the past weeks, it has become clear that social distancing and quarantining are the new normal. This is an overwhelming time as we attempt to adjust our mindsets and schedules – between working from home, watching after the kids, keeping up with the news, and maintaining sanity, it can be a challenge to prioritize your physical and mental health.

Here are some tips on how to stay active in these strange and unprecedented times.

**Make a plan.** It's always easier to commit to a healthy habit if you make it part of your routine. At the beginning of each week, take a look at your schedule and find those windows where you could realistically squeeze in a workout. Set a reminder on your phone or even add the workout to your calendar to keep yourself accountable.

**Try a meal delivery service.** It may be difficult to cook healthy meals every day, especially if you can't get what you need from the grocery store. Having healthy food delivered safely to your door can alleviate the stress and hassle of cooking, plus having healthy options in the house will keep you from overeating and reaching for junk food. South Beach Diet, for example, offers fully nutritionally balanced, prepared meals and snacks that make it easy to keep your diet on track.

**Take breaks from work.** It can be tempting to sit around all day while you're working from home, but don't let yourself stay sedentary for too long. Get away from your workspace and move around every hour or so to get your blood flowing. This will help you to stay sharp and healthy during social isolation. If you're taking a phone call, stand up and allow yourself to pace around. Try to get up every hour and take a few steps around the house, stretch, or even do a few jumping jacks.



**Stream, stream, stream.** As gyms and workout studios are necessarily closed for the moment, many fitness brands and instructors are using Instagram live to hold virtual classes. If you have a favorite local studio or a favorite instructor, check out their website or social media to see if they are hosting any online classes. Many fitness brands are also offering extended free trials to access their libraries of workout videos.

**Go for a walk or run.** Of course, we are all limiting our trips outside to the grocery store, gas station, or anywhere else we might come in close contact with others. But if you are able to safely run or walk while keeping distance from your neighbors, those are great options for staying active, clearing your mind, and getting some fresh air.

"It's so important to find those

moments of joy outdoors while we're all social distancing," says Jessie James Decker, mother of three and South Beach Diet brand ambassador. "Whatever that means for you – whether it's a stroll around the neighborhood with the kids or a long run to clear your head – you'll feel so much better if you make the time for it."

**Keep your mind active.** Just as our bodies need physical activity to stay healthy, our minds need stimulation (beyond reality TV binge sessions) to stay sharp as well. Group activities such as board games or puzzles are a great option for keeping your mind sharp while clocking some quality time with your family or roommates.

For more tips on how to stay healthy and active while social distancing, check out <https://palm.southbeachdiet.com>.



